

Exercise/Notes	Description	Diagram	Coaching Points
<p>Get The Coach 10 Minutes</p> <p>Every player w/ ball</p> <p>25yd X 25yd grid</p>	<p>The coaches are the targets (can designate player(s) to be targets) the players all have a ball. The objective is that players kick their ball and hit the coach. Every time a player hits the coach, all the players get a point. The coach should say "Ouch!" to make the game fun. The coaches jog around the field, so the players are working on both dribbling (to get close to the coach) and passing (to hit the coach). Play a couple times.</p>		<p>4 KEYS OF PASSING</p> <ul style="list-style-type: none"> + 90% of all passes should be with the inside of the foot + Plant foot goes next to ball, a hands width away + Plant foot points towards the target + Swing and follow thru like a GOLF CLUB
<p>Speed Race 10 Minutes</p> <p>Players in two equal groups, each group has their own zone.</p> <p>One cone 15 yards behind each zone</p>	<p>Split your team up into two equal groups, each group has their own zone. Place one cone behind each zone (not pictured)</p> <p>Coach will say one of three commands Switch = Switch zones (go across to other zone) Double Switch = Go to the other zone then back to original zone Around: Go around the cone behind their zone and back to the original zone</p> <p>Start this exercise without a ball, then add a ball. Make it a competition where the team that gets all the players to the correct zone first gets a point</p>		<p>Speed Dribbling</p> <p>When speed dribbling it's essential the attacker dribbles with the <u>outside of their laces</u>. This surface provides the most control when going very fast. The dribbler turns their toes inward and locks their ankle downward.</p>
<p>Steal The Bacon 10 Minutes</p> <p>Two Teams</p> <p>Balls w/ Coach</p> <p>Two coned goals 10-15 yards apart</p>	<p>Each team is in a single-file line next to the coach, first player in each line on the coaches command sprints through their goal and into the field. The coach passes a ball to one of the two players, and they go 1v1 against each other. Round is over when a player dribbles thru a set of cones.</p> <p>3 Progressions (spend 5 minutes on each):</p> <ol style="list-style-type: none"> 1. Players can dribble thru either set of cones (can use the pull turn to change directions) 2. Players can only dribble thru their opponent's set of cones 3. Coach can call 2 or even 3 players to player from each team, making it a 2v2 or 3v3. <p>If the game is lasting too long or the ball goes out of bounds, then the round is also over.</p>		<ul style="list-style-type: none"> + Body posture: Knees bent to create low center of gravity + Hands out: For balance + Vision: Keep head up <p>Surface areas: Use appropriate foot surface</p> <ul style="list-style-type: none"> + Keep ball close and be deceptive + Defenders don't dive in recklessly + Encourage the players to practice the moves they now know